

July 2013



Beans & Bullets

**311TH SUSTAINMENT COMMAND
(EXPEDITIONARY)**

"SUSTAIN THE FORCE, SECURE THE VICTORY!"



SEVERAL 311TH EXPEDITIONARY SUSTAINMENT COMMAND SOLDIERS PARTICIPATED IN AN INSPIRATIONAL PRAISE, POETRY AND PRAYER NIGHT, JULY 12, HELD AT KANDAHAR AIR-FIELD.

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Beans & Bullets Staff

Lt. Col. James Billings

Master Sgt. Dave Thompson

Staff Sgt. Phillip Valentine

Beans & Bullets welcomes story ideas, photographs and any information of interest.

All submissions are subject to editing by the 311th Public Affairs Staff



CONGRATULATIONS

Brig. Gen. Scottie D. Carpenter promotes 311th Expeditionary Sustainment Command's Maj. Thomas Chong, assigned to the staff judge advocate, July 7, during a ceremony held at Kandahar Airfield.



COMMANDING GENERAL

TROJAN 6 SENDS:

On August 1, we will turn over mission command to our higher headquarters, the 1st Theater Sustainment Command. While we will still be busy performing our mission in a supporting role, it does signal the beginning of the end of our time here in Afghanistan.

As we transition to the final phase of this deployment, I want to review some of your accomplishments since our arrival in theater:

- \$2.3 million in savings as a result of our plan to right-size the requirements for contractors.
- \$35 million returned to the U.S. Government from sales of scrap metal. Some of that scrap metal came from containers we positioned for disposal.
- More than \$1.3 billion in reduced contract expenditures, due to our efforts to better manage more than \$7 billion in contracts.
- More than \$10 million in cost savings to the American taxpayer from our plans to drawdown and retrograde equipment, including ammunition.
- More than 33 percent of our headquarters staff will be Green Belt certified as part of our active Lean Six Sigma program.
- We oversaw the delivery of more than 175 million pounds of cargo, while managing and executing an \$800 million dollar National Afghan Trucking contract.



Brig. Gen. Scottie D. Carpenter



Those are just the highlights of your achievements. Listing all of them would take a lot more space than I have here. You've done incredible things since our arrival and you should be proud of it. I couldn't be prouder of you!

But having said all that, we can't forget where we are and the job still ahead of us. As Yogi Berra once said, "It ain't over 'til it's over." We may be about to transfer authority, but this mission is not yet over. It won't be over until each of you is home safely.

We've seen plenty of evidence in the last few weeks that Afghanistan is still a dangerous place. Keep your eye on the ball. The finish line may be in sight, but we still have some road ahead of us. Let's finish strong!

Sustain the Force! Secure the Victory!

TROJAN 6 OUT

COMMAND SERGEANT MAJOR

Trojans,

Another month has passed and we are winding down, but not done. We still have Soldiers positioning to help set the 1st TSC up for success after we leave. Now the really challenging part begins; completing all the redeployment training and tracking all your Soldiers to ensure they have completed the required online training. Follow up with them to inspect their packing list so that if they can't fit all their gear in the two designated bags, they can mail back all extra items now.



Command Sgt. Maj. Ted L. Copeland

I know I may sound like a broken record, but staying focused is a must for all. We are "danger close" to leaving and the normal tendency is to slow down and start focusing on home, Family and jobs. Don't overdo it. Thinking of Family and home is OK, but do it on your personal time, not on work time and definitely not when you are moving around the FOB. Every Soldier needs to be fully aware of their surroundings. We want each and every one of you to go home safe and sound.



We started strong and we need to finish strong! I am proud of all of you and know you will drive through to the end.

Trojan 7 out



CHAPLAIN'S CORNER

Stressors the 311th ESC Trojans have faced during deployment may have an influence on the experience of Family members, during the deployment and after we return home. During deployment, we have experienced several pressures, obstacles, and challenges. Long working hours, intense working pace, little time off, close quarters and a lack of privacy, extreme environmental conditions, exposure to danger, and separation from Family and friends have been an ever-present part of deployment.

As we prepare to return home and begin to reintegrate, there may be stress as a result of the necessary adjustments and changes in routines. According to an April 2008 survey by the National Military Family Association, less than half the Army Reserve Soldiers surveyed reported a honeymoon period (time of heightened joy and well-being occurring at the time of return followed by a decline in well-being shortly after). Infants may be unfamiliar with the returned parent and may cry when held. Toddlers may also be hesitant to be affectionate with the returned parent. Preschoolers may feel scared or angry. School-age children may crave attention from the returned parents while teenagers may isolate themselves. The sustaining motto "This is a marathon not a sprint race" should be applied for redeployment just as it has been for the past months.



Let's commit our time and energy towards having a happy and healthy reunion with our Family and friends. Take It Easy.

By Sgt. 1st Class Michael Talbott



RESILIENCY TASK FORCE



Reflecting back on where we started as a unit concerning Comprehensive Soldier and Family Fitness, it is amazing to consider where we are today as we prepare to redeploy. We started with a vague idea of what was needed, some strategic guidance from the Pentagon, and no trained leaders. Under the guidance of Col. Wichers, we quickly identified our Task Force personnel and met several times to discuss trends and the way ahead. We also broadcasted the need and desire for volunteers. It was discovered that Maj. Johnson and Sgt. Sims, both had civilian skills that greatly contributed to the understanding of the effects of a lack of coping skills within our ranks on stress management, life balance and suicide ideations. We also had Maj. Lashell Davis, our 101 SB liaison officer, who was a Master

Resiliency Trainer. She not only assisted us with tools from their program, she also taught a resiliency class to our soldiers as we prepared to deploy.

As we arrived in country and continued our Resiliency Task Force development, we learned that several other subordinate commands had great resiliency programs. We received great input from Capt. Dana Cook from the 3rd SB. We outlined our objectives for the program in early January and have continued to build on the initial plan. The Task Force also recruited many volunteers that made both temporary and long-term contributions. All efforts have been appreciated no matter what amount of time was available. The Task Force has and will remain open to volunteers who want to serve in another capacity outside his or her regular duties. The major key is that you need to personally commit to living a resilient life.

Accomplishments include a robust Resiliency Task Force that met every month and included all of the Personal and Special Staff. The combined perspectives ensured this team was approaching trends and concerns from every angle and offering sage advice to the command group for policies and decisions. We also developed a resource portal, a training plan, attended the Resiliency Trainer Assistant's course, published a Personal Resiliency Action Plan, a monthly tracker for the commanding general and published several policies. We brought in guest speakers for employment, relationship and financial concerns that Soldier's brought up. We promoted fitness events, and supported HHC with numerous events. Lastly, we developed a deployment cycle command resiliency campaign plan that supports Comprehensive Soldier and Family Fitness.

Access to the command group has been there every step of the way, by not only attending skills training and social events, but mandating participation for all Soldiers to help build our team and prepare individuals for redeployment. As soldiers plan for life after deployment, we can be confident that all five pillars have been offered and reinforced during this deployment. Our hope is that anyone who feels apprehension or still has goals for his/her homecoming, will spend the time continuing their efforts and seek any resource needed to ensure they are prepared for a great arrival. The goal is to thrive!

Thanks to all the volunteers who have stepped up at different times. A special thanks to Chief Warrant Officer 2 Crabbs for taking the torch and finishing strong. It's not that we start things in life, it's how we finish and she has set a great example for us. Thanks to 1st Lt. Venturelli for the newsletter articles and coordination efforts. Thanks to Capt. Cherland for collecting the CG's Monthly Tracker data. Thanks to our BUA briefers. Thanks to 1st Lt. Longo for his portal assistance and taking the lead on our employment working group. Thanks to public affairs office for the constant coverage of our Soldiers during the deployment. Thanks to those who have participated and taken away the skills we taught. Personal development and accountability, collective understanding and command-supported participation all contribute to a healthy command climate and a positive experience.

We are not done though! We need volunteers as we redeploy back to Los Angeles, and those of you planning to return to other units have the opportunity to make a difference in Soldier's lives and reinforce Comprehensive Soldier and Family Fitness. We have all experienced growth this past year. We have seen life at its best and have had some difficult times while deployed. We are changed, and it is ok. What we do with our experiences, growth and resources gained will define us individually and collectively. Don't miss the opportunity to volunteer, give back and make a difference in a life. You may continue to change and grow as well! There is no limit. Sustain the Force; Support the Victory!

Your Command Resiliency Task Force

INSPECTOR GENERAL'S NOTES

As the Inspector General's office reflects back on this mobilization there are tremendous lessons learned from the very beginning. The team came together from four different assignments and backgrounds for the adventure of providing support to all the sustainment forces in the CJOA-A. As the time drew near for manning level decisions, we reassessed our approach and coverage plan to ensure we were providing support during crucial RIP/TOA timelines when negative trends spike. The goal was to help leaders start his/her deployment cycle with an awareness of trends and some preventive plans to ensure success and reengage leaders as they approached redeployment to avoid negative end of cycle trends. Even with manning setbacks, the IG staff was flexible to arrange battlefield circulation plans when we could bring over our IGs from Kuwait.



Maj. Casey Miner

We can reflect back knowing that we briefed all company, battalion and higher commands as we arrived, setting the foundation of our deployment cycle visits. The IG office personnel have logged over 7,000 flight miles and continue to visit units as planned or needed. We are not done yet. The major products and processes that enhanced our approach to the fight, will be taken back to garrison and used in the same manner to assist our Soldiers and leaders back home. These include a comprehensive resource portal, a leader's handbook, a commander's cycle trends visit approach, emailed IG Notes, attendance at leadership conferences and change of command activities, and the use of our IG 101 Brief, personal morale assessment, and push for resiliency training. The overarching trends this deployment have been uninformed leaders and frustrated Soldiers. We reinforced early on that any case involving leadership would include a teach and train with the leaders in our resolution plan.



As we look to finish our tour of duty in Afghanistan, it is apparent that each one your IGs have grown personally and professionally from this experience, and we are all better prepared to handle our duties as we head home. As Maj. Hoyman REFRADs from AGR and accepts a tremendously challenging and rewarding civilian position, we all say thank you and good luck for your incredible contributions to the mission. Sgt. 1st Class Corley will return back to his regular IG position and can be proud of his growth and accomplishments that directly impacted our Soldiers. Both of these individuals volunteered for this deployment and have endured great sacrifice being away from their families for their service. They didn't ask to remain in Kuwait, and continued to fight and travel as needed to stay relevant in our mission regardless of their physical location. They more than earned their NATO and Afghanistan ribbons. Well done!

We will continue to finish strong and support our fellow staff members and any Soldier in the field who may have a question or concern. That is why we are here. We would like to send a special thank you to "The Gauntlet." The folks of the personal and special staffs on the first floor of building 515-A are the epitome of professionalism. This deployment has been very special because of the relationships and experiences we have shared caring for the Soldiers of our command, often behind of the scenes of the operational focus. You are all "special" and we both appreciate your friendships and applaud your accomplishments.

SURGEON

Greetings,



**Maj. Yulius Mustafa,
Command Surgeon**

My name is Maj. Yulius Mustafa. I am the new, and also the last, 311th ESC Surgeon. I took over for Maj. Sands about four weeks ago and would like to introduce myself.

I finished my residency in internal medicine in New York. The 9/11 attack happened when I was a second-year resident. I was not in the military back then, but now after the impact of that event, I am on my third tour of duty (the other two were in Kosovo and Iraq). My first job was in Ohio, then I moved to Arizona where I work as a hospitalist. That means I only see patients who do not have a primary provider, in the hospital. Being an employee makes it easier for me to deploy. I joined the Army in 2007 and stayed with 349th Combat Support Hospital in Bell, Calif., until now.

As this is our last edition of Beans & Bullets, I would like to recapitulate what has been done so far from Doc Wells, Doc Sands, and now me. We had two mass casualty exercises, two combat life saver classes, air quality research that resulted in the memorandum put in every Soldier's record, multiple battle field circulations, duty at Role 1 as well as here in our office. We made sure immunizations are up to date, refilled meds through mail order pharmacy, LODs, redeployment training, and much more.



I would like to remind all Soldiers to take their malaria prophylaxis medication every day. The mosquitoes carrying malaria increase significantly during the summer months. Protect yourselves. Continue taking the malaria prophylaxis medication for four weeks after redeployment. There will be a second Malaria prophylaxis medication given to you at Fort Hood to be taken during the last two weeks with the first pill. If you are G6PD deficient, you will not take the second pill. Please come by our office if you have any questions.

It was an honor to join a great team with the 311th ESC here in Kandahar. With the NCOIC Sgt. 1st Class Rodriguez, the MEDO 1st Lt. Venturelli and I, the Surgeon team is here to serve you. Stop by any time if you have any question, to just chit chat, or for a cup of coffee.



311 ESC Command Surgeon Cell



Three-time survivor

Story by Staff Sgt. Phillip Valentine, 311th ESC Public Affairs Office

KANDAHAR AIRFIELD, Afghanistan — Fighting and surviving a war on terror is no easy task. Neither is surviving almost three decades of service in the Army Reserve. Fighting and surviving cancer is a whole other level of difficulty. Combating all three simultaneously sets the bar so high, it seems insurmountable. For one Soldier serving in the 311th Expeditionary Sustainment Command, it's entirely possible.

Master Sgt. Larry Velasco is a cancer survivor assigned to the 311th's support operations section and currently serving here and he couldn't be happier.

"I wanted to support my unit and the troops in Afghanistan with my skills and training I have been provided with by serving over 30 years of service," said Velasco. "I am a Soldier. I want to serve my country and make my Family proud."

Velasco, a Los Angeles native, had served over 17 years in the Army Reserve when he was diagnosed with thyroid cancer and he believed this revelation would end his military career.

"In October 1993, I started getting very weak after returning from annual training that summer. So after several hospital trips, a doctor conducted a test out of the blue, and the test came back positive for thyroid cancer," said Velasco. "In April 1994, I had the operation to remove my thyroid and had to undergo chemo for two years."

But he wouldn't submit to the cancer, the treatment or the illness. He decided to fight.

"I set forth a goal to return back to the Army Reserve so I can fight in Iraq and Afghanistan," said Velasco. "This is not going to stop my career."

For obtaining a role in his current deployment, Velasco said medical testing was the main obstacle to overcome.

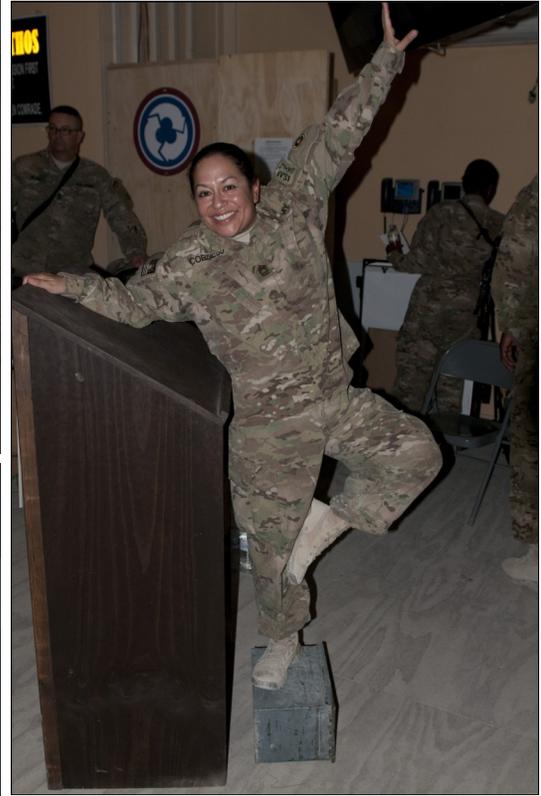
"I pushed myself and with help of my Family and a fellow noncommissioned officer, I was good to go for the deployment," said Velasco. "I met the standards of the Army support structure for deploying to a battlefield."

After his surgery and years of treatments, Velasco has returned to the fight and participated in multiple deployments. He has learned a lesson he thought other service members, and even civilians, might benefit from.

"Cancer is not the end of a career, a life or the world," he said. "It's how you fight it."

Continued on Page 13





IMAGES OF 311TH





“ SAFETY ISN'T
JUST A SLOGAN,
IT'S A WAY OF
LIFE ”



311TH ESC SAFETY GRAM

COMMITMENT TO SAFETY EXCELLENCE

Battle Complacency During Redeployment

First, let me say what an honor it has been serving with the Soldiers assigned to the 311th ESC. Your constant vigilance has made this one of the safest deployments this compound has seen in its existence. I often report the numbers for the 311th ESC as a whole, but the 311th ESC as a unit had 71 percent fewer incidents than the previous command. Good job!

With that being said, now is not the time to rest on our laurels. Even though the end is in sight, we must remember to continue to doing the things that have made this deployment so successful and productive:

- ◆ Continue to maintain Situational Awareness—just because we are almost done doesn't mean the hazards are gone or the threat is lower. Don't let confidence become complacency.
- ◆ Continue using a Battle Buddy—having more than one eye on the situation always helps.
- ◆ Keep Hydrating— it's only going to get hotter in these next few weeks and with all the work that still remains to be done this is still one of the biggest hazards we face.
- ◆ Keep exercising—the better shape you're in, the better your body handles stress and heat.
- ◆ Get some rest—the more rested you are, the better your decision-making skills are.
- ◆ Keep up those healthy eating habits— as we get closer to heading home, we start thinking more about the foods we miss and start dreading eating at the DFAC. Remember - it's gotten you this far, let it at least get you the rest of the way to your goal before you head home.
- ◆ Remember to have fun!



Complacency Kills – Know the Standards!
Follow the Standards!
Enforce the Standards!

SHARP



**Sgt. 1st Class Michael Franz,
Victim Advocate**



**Master Sgt. Carol Cornejo, Deployed
Sexual Assault Response Coordinator**

Good Afternoon from the SHARP Office

We are coming close to transferring our functions. Here at the SHARP office, we would like to say “thank you” to our SARCs and victims advocates for all the hard work:

Sgt. 1st Class Alloway, 3rd Sustainment Brigade; Sgt. 1st Class Ross, 101st Sustainment Brigade; and Sgt. 1st Class Palmer, 39th JMCB.

While we have been here we were able to conduct a Victim Advocate workshop. Alloway has taught many classes for many units here on KAF. Ross is newly assigned as a SARC, but has jumped in and worked many hours keeping a good program in place that her predecessors left behind. Palmer, although her appointment is a collateral duty, works hard to maintain a pulse within her command when and if SHARP issues arise.

The SHARP Program which has been in place for a few years now, seems to be still fairly new to the Army. As SHARP specialists, we have a duty to our team members who report sexual harassment. Take care of any victims of sexual assault. We are here to advise our commanders and teach our fellow Soldiers of processes and procedures in regards to SHARP. Lastly, we are here to promote cultural change within our ranks that certain behavior is not acceptable in a professional workplace.

318-421-6617

INFORMATION AWARENESS UPDATE

Digital Sender User Awareness:

All Digital senders within RC(S) and RC(W) are required to be on USFOR-A's CJOA portal regardless of being on a Tactical or Strategic Network.

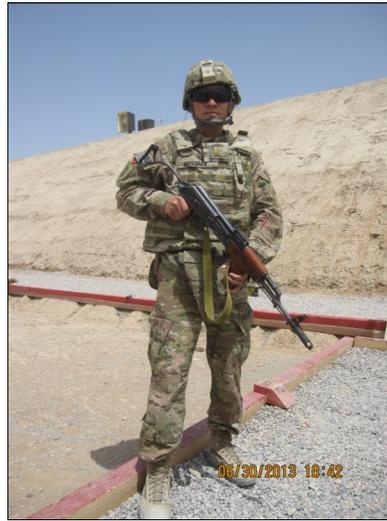
Any individual that walks up to a digital sender and doesn't see a 'USFOR-A Placard, two classification stickers, and a cover sheet, should inform their IMO or local helpdesk immediately.

Digital senders need to meet the following requirements: Two-Person Integrity (TPI), Approver Rank Requirement (E7-E9, O4 and Above, CW3 and Above), USFOR-A Placard, Classification Sticker, updated Firmware, USFOR-A Approved CJOA list, USFOR-A Hardware list, printer VLAN, >1 meter from any other Digital Sending device, and a few other checklist requirements.

RC(S) Daily FRAGO tasked the completion deadline of 30 October to meet these requirements. Get with your local IMOs, HAs, SAs, NAs, and IAs for more information. All administrators are tasked to meet these requirements or block devices that do not meet all these requirements.

FIREARMS AND FRIENDSHIP

311th Expeditionary Sustainment Command Soldiers fired Romanian and British rifles, June 30, during a weapons familiarization event at Kandahar Airfield. The 311th Soldiers were instructed on the proper use of the weapons systems and how to effectively engage targets while building camaraderie with fellow NATO Soldiers. (Photos courtesy of Sgt. 1st Class Manuel Cano, 311th ESC force protection NCO)



JOBS WORKING GROUP

Your Employment Working Group had several productive sessions this month. We continued to identify Soldiers who are concerned with employment or desire a better job, and resources to assist our Soldiers with veteran-friendly employers and resume and interview techniques. We have partnered Soldiers with willing and educated people to help them. We had a couple of successes so far with key interviews and resumes ready to submit. We will continue to support those who request for assistance.

We held a great workshop last week that included guest speakers on stateside and overseas opportunities with government and contract companies. No specific company was highlighted or will be pushed, but the knowledge gained about the process was absolutely beneficial. Many companies hire veterans at a much higher rate than ordinary applicants because of transferable skills. You can often work your reserve capacity when accepting an overseas position. There are positions available in most major U.S. cities and locations throughout the world.

A couple of notes from the recent session include: ensure you tailor your application specifically to the position that you are applying for, network with others in the field that you are interested in, make the effort to convert military experience to civilian language even if you use a professional service, and take the time to figure out your priorities. Are you interested in the company, the location, the specific position, a way in? Is it a job or career? Do you want to work for a large company or small company? Are you willing to move for other positions, the position offered or to rise up in rank? Are there available promotion and training opportunities?

If you are interested in learning more about the session or available resources, please let us know and review our resource portal.



HISTORICAL NOTES



President Abraham Lincoln signs into law a measure calling for the awarding of a U.S. Army Medal of Honor, in the name of Congress, "to such noncommissioned officers and privates as shall most distinguish themselves by their gallantry in action, and other soldier-like qualities during the present insurrection." The previous December, Lincoln had approved a provision creating a U.S. Navy Medal of Valor, which was the basis of the Army Medal of Honor created by Congress in July 1862. The first U.S. Army Soldiers to receive what would become the nation's highest military honor, were six members of a Union raiding party who, in 1862, penetrated deep into Confederate territory to destroy bridges and railroad tracks between Chattanooga, Tennessee, and Atlanta, Georgia.

In 1863, the Medal of Honor was made a permanent military decoration available to all members, including commissioned officers, of the U.S. military. It is conferred upon those who have distinguished themselves in actual combat at risk of life beyond the call of duty. Since its creation, during the Civil War, more than 3,400 men and one woman have received the

Medal of Honor for heroic actions in U.S. military conflict.



Sgt. 1st Class Joshua Miller, noncommissioned officer in charge, intelligence section, reenlists, July 4, at Kandahar Airfield. The 311th Expeditionary Sustainment Command Soldier took his oath of enlistment alongside U.S. unmanned aerial vehicles.

HAPPY BIRTHDAY AMERICA



311th Expeditionary Sustainment Command Soldiers celebrate our nation's 237th birthday with a cookout at Kandahar Airfield. The 4th of July festivities included food, prizes, fun and music performed by several 311th ESC Soldiers. Two Soldiers were promoted during the festivities: Sgt. Raquel Luis and Spc. Kyle Maloney.



Staff Call



311TH BIRTHDAYS

Chief Warrant Officer 2 Yolanda Manning	July 17
Col. Roy Jewell	July 17
Sgt. Jose Arellano	July 17
Chief Warrant Officer 2 Brian Beyer	July 18
Sgt. 1st Class Michael Franz	July 20
Lt. Col. James Billings	July 21
Sgt. 1st Class Larry Limon	July 26
Chief Warrant Officer 2 Lance Henderson	July 30

Capt. Stephanie Hill	July 31
Sgt. 1st Class Sagrario Carlson	July 31
Capt. Lynette Jones	Aug 01
Sgt. 1st Class Jerry Delva	Aug 02
Sgt. Domingo Tomas	Aug 04
Staff Sgt. Matthew Walker	Aug 05
Lt. Col. Lynette Rose	Aug 05



**Please remember
to wish our
311th Family a
Happy Birthday!**

1st Lt. Robert Albain	Aug 05
Capt. Dannielle Carroll	Aug 07
Sgt. 1st Class David Kinney	Aug 07
Master Sgt. Reginald Sterling	Aug 07
Staff Sgt. Pratana Boonrasri	Aug 09
Chief Warrant Officer 2 Stephen Abner	Aug 11
Command Sgt. Maj. Ted Copeland	Aug 11
Pfc. Juan Duarte	Aug 13
Master Sgt. David Fields	Aug 13